

## Eatwell - 8 Tips for Healthy Eating

1. Base your meals on starchy foods.
2. Eat lots of fruit and veg.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Eat less salt – no more than 6g a day for adults.
6. Get active and try to be a healthy weight.
7. Drink plenty of water.
8. Don't skip breakfast.

## Healthy Food Swaps

Changing just a few eating habits can make a big difference to your diet and is the healthiest way to lose weight. Eat less fat, salt, sugars, processed foods and high calorie foods. Swap them for something healthier, such as more fruit and vegetables (5 a day).

**Find out more:**

[www.nhs.uk/change4life/food-facts](http://www.nhs.uk/change4life/food-facts)

## Health Issues Linked to Poor Diet

|                          |   |
|--------------------------|---|
| <b>Heart Disease CHD</b> | Arteries become blocked with fatty deposits. Linked to <b>saturated fats</b> and <b>obesity</b> . |
| <b>Obesity</b>           | A condition where the body has accumulated <b>too much fat</b> .                                  |
| <b>Type 2 Diabetes</b>   | A condition linked to too much <b>processed sugar</b> , obesity and lack of exercise.             |
| <b>Tooth Decay</b>       | Plaque builds up on teeth causing decay. Made worse by eating too much <b>sugar</b> .             |

**Macronutrients** - We need these in large amounts.

| Nutrient                     | Food Examples   | Main Function in Body   |
|------------------------------|---|---|
| <b>Starchy Carbohydrates</b> | Cereals, bread, rice, potatoes, pasta etc.              | Give us slow release energy. (Wholegrain versions are higher in fibre). |
| <b>Protein</b>               | Meat, fish, eggs, nuts, seeds, pulses, lentils.         | Growth, repair and maintenance of muscles.                              |
| <b>Fat</b>                   | Butter, lard, margarine, sunflower oil, olive oil, etc. | Insulates our vital organs (heart, lungs, etc.) and keeps us warm.      |

**Micronutrients** – We need these in small amounts.

| Nutrient                       | Food Examples          | Main Function in Body   |
|--------------------------------|------------------------|---|
| <b>Vitamins &amp; Minerals</b> | Fruits and vegetables. | Help our immune system fight off illnesses and help us release energy from other foods. |

## Other Essential Nutrients

| Nutrient                   | Food Examples  | Main Function in Body   |
|----------------------------|--|---|
| <b>Dietary Fibre (NSP)</b> | Wholegrain cereals, fruit/vegetables, nuts/seeds, etc. | Helps our digestive system remove waste and avoid constipation.                   |
| <b>Water</b>               |  | Keeps us hydrated, controls body temperature, helps digestion, gets rid of waste. |



All the **foods** on the **Eatwell Guide** give us a range of **different nutrients** which all do **different jobs** in our body.

Remember lots of foods provide more than 1 nutrient.

## Practical Dishes



### Swiss Roll

Aeration, creating an egg foam which helps products to rise when baked. Checking for readiness. Filling and shaping.



### Fajitas

Knife skills. Stir frying. Checking for readiness (no pink chicken). Working with high risk foods (chicken). Assembling wraps.



### Pizza

Rubbing in, kneading, shaping. Strong flour used for bread dough is high in a protein called gluten. Knife skills.



### Chilli-Con-Carne

Dry frying meat. Vegetable preparation, knife skills. Control of hob. Food safety.



### Pasta and Cheese Sauce

Boiling, simmering. Sauce making gelatinisation of starch.



### Cheesecake

Crushing, melting, aeration by mechanical whisking. Combining ingredients. Piping cream for decorative finish.



### Milestone Dish of Choice

Time management, organisation. Demonstration of skills. Use of cooker/oven/safety/hygiene.

Cormier presents Larry LaSalle as a complex character in Heroes.

He is physically striking and he has an attractive personality.

He is a war hero, having been awarded a Silver Star Medal. He is also portrayed as a hero to the kids of Frenchtown.

There are hints throughout the opening chapters that he might not be what he seems.

## Context

### Pearl Harbor

The United States were brought into the Second World War because of the **bombing of Pearl Harbor by the Japanese** on December 7th, 1941. It was a surprise attack by the Japanese on an important US naval base. Pearl Harbor is on one of the islands of Hawaii, which is part of the USA. Many US battleships and aircraft were destroyed, and over 2,000 people were killed.

The attack made public opinion in the USA switch overnight to pro-war patriotism. Unlike in Europe there was no conscription, but **many Americans volunteered to go and fight overseas**.

## Key Quotations

These quotations 'show' us the type of character that Larry LaSalle is. Use them in your response when you are analysing.

- 'The broad shoulders of an athlete and the narrow hips of a dancer'.
- 'He could tap dance with machine gun speed'.
- 'He was our champion'.
- 'Does that one sin of mine wipe away all the good things?'.
- 'Movie star teeth' and a 'touch of Fred Astaire'.
- 'Dark hints that he had 'gotten into trouble' in New York City'.
- 'You are all stars'.

## Sentence Starters

### What?

- The writer presents...
- Larry is portrayed as...
- LaSalle appears to be a character who...

### How?

- The use of [insert descriptive device, e.g. metaphor] is effective because...
- The word, '...' has suggestions of...
- '[insert quote]' has connotations of ...
- This implies/suggests...
- The word/phrase is effective because...

### Why?

- Cormier creates a sense of...
- The reader's response would be...
- The effect of this is...

In contrast, In addition, Alternatively, Furthermore.

## Key Words

|                     |   |
|---------------------|---|
| <b>Foreshadows</b>  | Warns of a future event.                                    |
| <b>Charismatic</b>  | A charming personality which seems to attract others.       |
| <b>Manipulative</b> | When you use unpleasant/immoral means to influence someone. |
| <b>Ominous</b>      | Suggests something bad will happen.                         |
| <b>Connotes</b>     | Implies or suggests something.                              |
| <b>Veteran</b>      | Ex-member of the military, e.g. an ex-soldier.              |
| <b>Empathy</b>      | The ability to understand and share the feelings of others. |
| <b>Distrust</b>     | When you don't trust someone.                               |

## Example Response

**Cormier presents Larry LaSalle as a fake. Initially, he is described as a glamorous and charismatic man** with his 'movie star teeth' and 'a touch of Fred Astaire'. The use of metaphors is effective as it shows Larry to be elevated from the ordinary residents of Frenchtown. Fred Astaire was a famous dancer and movie star so the fact that Larry only needs 'a touch' of his qualities amplifies his skill and prowess.

**Cormier creates a sense of mystery where Larry is concerned because the people of Frenchtown are likely to focus on the excitement of his celebrity status instead of questioning his motives. The reader is likely to feel concern that the fact there are 'dark hints about his past' and therefore he may pose a threat to the children of Frenchtown.**

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